

Missouri Assessment Program  
Spring 2001

Health/P.E.

Released Items  
Grade 9

**18** Identify two components of fitness that will improve if a person regularly participates in rhythmic or dance activities.

1. \_\_\_\_\_

2. \_\_\_\_\_

**4** Laura wants to avoid catching influenza, which several of her friends have had recently. Which of these behaviors can best help prevent her from becoming ill?

- Ⓐ wiping the edge of her friend's glass before drinking from it
- Ⓑ covering her mouth and nose when in a crowded room
- Ⓒ avoiding using the same spoon or fork as her friend
- Ⓓ refusing to go outside when it is cold

***Go On***

